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Lakes, Bay & Region • October 15 2016



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editor@northlakesmessenger.com.au

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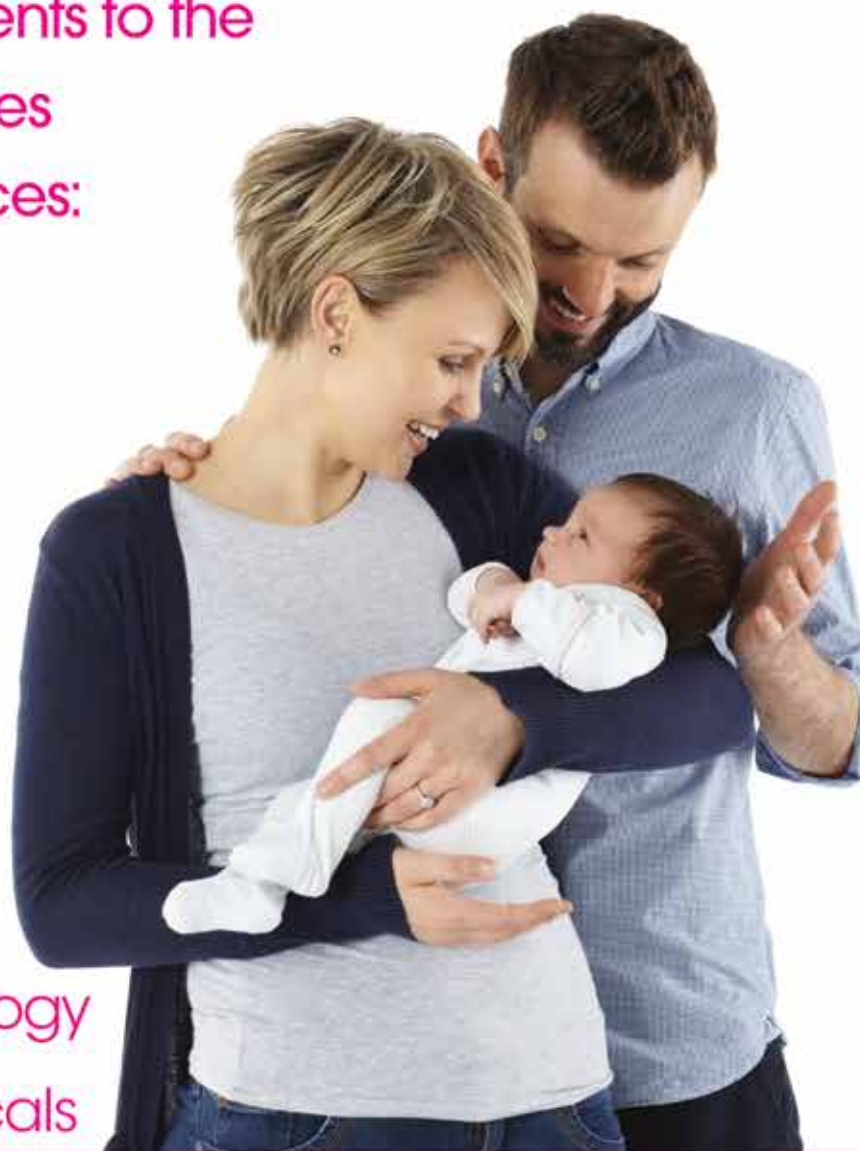
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November 17!

READY THOSE ALLEN KEYS PEOPLE, IKEA NORTH LAKES OFFICIALLY ANNOUNCES OPEN DATE

You can almost smell the KÖTTBULLAR* as world leader in unassembled furniture IKEA officially announced that doors to its North Lakes store will open on Thursday November 17, 2016.

Speaking beneath the unmistakable six metre high, 36 metre wide signage, Store Manager Stefano Bizzarri announced the much anticipated opening date and said he and his team were looking forward to welcoming shoppers to the new 29,000 square metre store. It will be the second IKEA store for Queensland.

"We are thrilled to be able to confirm the opening date for our North Lakes store," he said.

"We are incredibly lucky to enter a market with the support of our sister store, Logan, which has been operating in Queensland for almost 10 years. Our arrival will help increase accessibility to affordable, well designed home furnishings for even more Queenslanders, particularly those living north of the river and beyond."

"Our 300+ co-workers are working hard to complete the interior build of the store ahead of the 17th November. So far they have built

hundreds of items of furniture for our offices, restaurant area and markethall. The next focus will be on building our iconic room-sets, which have been designed based on insights from residents in the local area to best reflect their wants and needs."

The North Lakes store will be one of the most sustainable stores in the country built complete with a solar panel energy system estimated to generate approximately a quarter of the energy consumed by the store. It will also include a food composter and an integrated LED lighting which consumes around 85 percent less energy than other lighting types.

Set over two levels the store will sit adjacent to Westfield North Lakes and the two buildings will be adjoined by a concourse.

The North Lakes store will be the eighth IKEA store on the East Coast of Australia and a landmark in the IKEA long-term national expansion.

But wait, there's more...

The store is perfectly timed to open with the unveiling of the Westfield North Lakes Stage 2 development. On the same day, the 60-store new retail mall linking the existing centre to IKEA will open.

The new retail mall spanning 17,000 square metres will have a Kmart discount department store, JB Hi-Fi Home, Rebel Sport and Cotton On Mega, along with the most comprehensive offer of fashion and general retail in Brisbane's northern growth corridor, but it comes at a cost:



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IKEA,
Westfield
upgrade and
paid parking

Paid Parking

While some will find relief that parking spaces will nearly double with the addition of a new multi-deck undercover car park, (totalling 4,900 spaces) others will balk at the unpopular though inevitable paid parking, commencing prior to November 17.

There is some good news in that it's a ticketless system. If you've shopped there recently, you'll find the system similar to Indooroopilly's, allowing shoppers to enter and exit the car park without the need for a ticket or pay station, by scanning your licence plate.

Like Chermside, the first three hours parking are free of charge. The parking rates are:

0 - 3 Hours	FREE
3 - 4 Hours	\$3.00
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8 Hours +	\$20.00

Rear access to parking from the Bruce Highway off-ramp will reopen along with a new entry point to the centre from Anzac Avenue, providing customers with improved accessibility and convenience.

Westfield North Lakes will be around 113,000sqm in gross lettable area on completion, including IKEA, with almost 280 retailers.

*meatballs, of course

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MATE, YOUR DIET'S A SHOCKER

AUSTRALIA'S LARGEST EVER DIET SURVEY HAS CONFIRMED THAT THE VAST MAJORITY OF AUSSIE EATING HABITS ARE WAY BELOW PAR

The 2016 CSIRO Healthy Diet Score report, released recently, canvassed the dietary habits of more than 86,500 adults across the country over a 12 month period.

An early snapshot of the survey results released in August 2015 awarded the nation's diet a score of 61 on a 100-point scale.

With almost 47,000 additional surveys completed since then, that figure now stands at just 59 out of 100, confirming that Australian diets are worse than first thought.

"We have an image of being fit and healthy, but with a collective diet score of 59/100 that image could be very different unless we act now," CSIRO Research Director and co-author of the CSIRO Total Wellbeing Diet, Professor Manny Noakes said.

According to the 2016 Healthy Diet Score, 80 per cent of respondents received an individual score below 70, which is a benchmark figure.

"If we can raise our collective score by just over 10 points, we help Australia mitigate against the growing rates of obesity and lifestyle diseases such as heart disease, Type 2 diabetes and a third of all cancers," Professor Noakes said.

"All people need to do is halve the bad and double the good. In other words, halve the amount of discretionary food you eat and double your vegetable intake."

People across Australia, in all occupations and age groups were invited to participate in the online survey between May 2015 and June 2016.

CSIRO researchers have used this information to create a detailed picture of the country's eating habits.

The closest we get to meeting Australian Dietary Guidelines is the fruit food group where 49 per cent of respondents meet the recommended intake.

That means one in two of us still have room to improve.

public servants and real estate agents reported some of the healthiest eating patterns



But of greater concern is dietary performance in regard to discretionary, or junk foods.

Just 1 per cent of Australians are abstaining from junk food, while more than one third admitted to eating more than the recommended maximum allowance.

"We find that there is often a tendency to under-report on certain types of food, so in all likelihood that figure is even higher," Professor Noakes said.

The report showed that women have better nutritional levels than men (60 v 56/100).

Construction workers were among those with the poorest diets, while public servants, real estate agents and health industry workers reported some of the healthiest eating patterns.

The 2016 CSIRO Healthy Diet Score also tracked food avoidance in diets for the first time, and found that approximately one in three Australian adults are avoiding one or more foods such as gluten, dairy or meat.

To get involved CSIRO is asking people to undertake The Healthy Diet Score – a free online assessment which evaluates diet quality and identifies individual areas of improvement, as well as providing a personal diet score out of 100.

"It is never too late to eat better and increase your score, and the nation's," Professor Noakes said.

"We encourage people to also take the test regularly to ensure they are improving their eating behaviour and overall health and wellbeing."

For more information, or to take the free CSIRO Healthy Diet Score, please visit www.csirodietscore.com

The Healthy Diet Score was developed by CSIRO and validated in a population of free-living Australian adults aged 19-50 years. The Healthy Diet Score is a short food survey designed to assess compliance with the 2013 Australian Dietary Guidelines and Australian Guide to Healthy Eating, resulting in a diet quality score out of 100.

we're eating too much of these





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Supporting local cancer patients

Cancer Council Queensland is reaching out to local cancer patients with free information session support

This month CCQ has teamed up with Icon Group to host a free community information session, providing locals affected by cancer with adequate support, care and information throughout their journey.

Understanding Cancer will be held on Thursday, October 20 from 10am – 12.30pm at Icon Integrated Cancer Centre, 9 McLennan Court, North Lakes.

The free session will provide information on cancer and various treatment options, and offer ways to cope with the physical, emotional and psychological changes that can occur.

Cancer Council Queensland spokesperson Katie Clift invited locals affected by cancer, their friends and families, to attend.

"More than 9800 people are diagnosed with cancer in Brisbane each year and need dedicated information and support at all stages of their cancer journey," Ms Clift said.

"Understanding Cancer aims to help patients, their friends and families, gain a better understanding of cancer, right from diagnosis through to post-treatment.

"The session, led by health professionals, will also cover many physical, emotional and psychological side-effects that can occur with treatment and offer useful ways to navigate and manage these."

Understanding Cancer will be held at Icon Integrated Cancer Centre, 9 McLennan Court, North Lakes on Thursday, October 20 from 10am – 12.30pm

Ms Clift said the program also created an important opportunity for locals to connect with other people dealing with the same issues.

"Sharing personal experiences with others in a supportive environment can help those affected by cancer know that they are not alone," Ms Clift said.

"We encourage all cancer patients, their friends and families, to join us for a morning of support and information."

Bookings are essential and are required by October 17. To reserve your space call Cancer Council's 13 11 20 or email communitysupportservices@cancerqld.org.au.

More information about Cancer Council Queensland is available via www.cancerqld.org.au or 13 11 20.



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STAY SOCIAL TO STAVE OFF DEPRESSION

BY DR ANITA, BRISBANE NORTH PHN

Women who stop driving as they age are at higher risk of depression than those who keep driving, but the risk can be mitigated if they maintain an active social life, a Queensland study has found.

Professor Nancy Pachana from the University of Queensland (UQ) said it was important for older people to maintain their mental health, because depression was linked to a decline in quality of life and to poor physical health, declines in cognitive function, increased disease and death.

“Older women are more likely to stop driving and more likely to stop driving prematurely, and are also more vulnerable to depression than older men,” Dr Pachana said.

Over a period of nine years, researchers followed 4000 women in their late 70s and 80s participating in the Australian Longitudinal Study on Women’s Health (ALSWH).

Australia’s largest study on women’s health, the ALSWH, is conducted by researchers at the University of Queensland and the University of Newcastle and is funded by

the Australian Government Department of Health.

The research, which has been published in the journal *International Psychogeriatrics*, compared mental health and levels of social support in women who continued to drive versus those who stopped driving.

Women who stopped driving reported poorer mental health. But those who stopped driving and also maintained their social contacts – like going to the theatre, religious services, sporting events, card games and the like – reported better levels of mental health.

“There’s a sense of losing control and independence when you stop driving so it’s important to have social support and take action to put alternatives in place before you or a loved one has to stop,” Dr Pachana said.

steps to reduce social isolation could include talking to neighbours, regular phone calls with friends and family... or car-pooling with friends and family

The researchers suggest steps to reduce social isolation could include talking to neighbours, regular phone calls with friends and family, being active on the internet, learning the public transport system, taking advantage of courtesy bus systems or car-pooling with friends and family.

Driving cessation programs such as UQ’s CarFreeMe help instruct older drivers about how to stay mobile via public transport, and can assist in maintaining access to social activities.

According to non-profit charity beyondblue,

many people over 65 still seem to feel there is a stigma attached to depression and anxiety. They tend to view these illnesses as weaknesses or character flaws, rather than genuine health conditions. Older people are also more hesitant to share their experiences of anxiety and depression with others, often ignoring symptoms over long periods of time and only seeking professional help when things reach a crisis point.

But help is available, even for people who have no family or friends nearby to call upon.

For immediate assistance, 24 hour phone services such as Lifeline (13 11 14) or the Suicide Call Back Service (1300 659 467) are there to help in the event of a personal crisis.

Remember also that general practitioners play a key role in treating patients with mental illness, and can refer to other mental health services where appropriate.

People aged 65 years and over (or aged 50 years and over for Aboriginal and Torres Strait Islander people) are also eligible for a range of Australian Government-subsidised transport and other social support services.

To find out more about available services, or to arrange an aged care assessment, call 1800 200 422 or go to: www.myagedcare.gov.au.

ABOUT DR ANITA

Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved in teaching and research at the University of Queensland.





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The ROAR!

A (very special) Roar from the North Lakes Lions Club Den



Flying the local flag high and proud as Lions from this side of Charleville, Caloundra and the Brisbane River all descend on North Lakes

WRITES CHRIS DOYLE

In perfect weather, our club hosted the District 201Q3 Lions Convention here in North Lakes, from Friday 30th September to Sunday 2nd October.

A special mention must be made of Lions Rosemary, Pierina, Debby, Robyn and Diane who took on the lion's share (pun intended) of the organizational responsibilities for the months leading up to the event. Thank you ladies for such a terrific effort.

I've said before, how gratifying it is to be involved with such a dynamic, experienced and pro-active bunch of volunteers as we have in our Lions Club and District. The seamless precision in which the many cogs in the wheels were put in motion, was truly inspirational to witness. After what I've seen come to pass in the last couple of weeks and moreover in the few days prior and during the convention, I'm so very proud with what we've all collectively achieved, which far exceeded our wildest expectations. From the organizing committee (chaired by PDG Lion Bruce Unwin), through to neighbouring clubs who had their members designated jobs and rosters everyone worked together thus making short work of the workload, Thanks to you all.

352 Lions registered and were processed and 344 actually attending.

The Lions goal is to lend helping hands to people in our area and on a broader scale, our district. In our club we also strive to wave the flag for North Lakes and make people aware of how proud we are of our town and our clubs many achievements. We always endeavor to employ local professionals to take care of the specialist undertakings, so as to always guarantee successful outcomes. Three areas were early standouts.

Firstly, the food: The Swagman's Spit Roast Crew, wow! tasty, hot, plentiful and very well presented. Well done!

The ladies from Queensland Country Woman's Association (QCWA) Pine Rivers and Dayboro branches, who catered for all our lunches, morning and afternoon teas. Tasty sandwiches,

cakes and slices. Delicious. Also well done.

Next, the team from Kallangur Lions (who originally sponsored the formation of our club in 2007). These seasoned professionals, led by their President Lion Bruce Whitfield (from Theo's Nursery who provided all the decorative plants for the convention), took charge of manning the drinks table for our Friday night 'Meet and Greet', then rose early to help serve breakfast to the hungry Lions next morning. Thank you all for the stirring effort you displayed in keeping our conventioneer's thirst's quenched.

Entertainment: Michael Whitmore kicked off the proceedings with a terrific selection of mood music, which set the vibe and had the desired effect of smiles on faces, not loud and dancers on the floor. Well done Michael.

Convention HQ was the North Lakes State College Stadium. What a fabulous facility. The Opening ceremony was called to order by Sargent at Arms Lion Kaye Smith. Member for Murrumba Lion Chris Whiting MP attended and Moreton Bay Regional Councilor Julie Greer declared the event officially opened. District Governor Lion Norm Jensen from Caloundra, spoke of his vision as DG and our own Immediate Past President Lion Tim Burgess, presented the International Flag Ceremony.

Day two kicked off with a 7.00am call for breakfast, followed by an informative schedule of speakers, which took us into the late afternoon.

The Premier Event: The Gala Ball, themed "fire & ice" took place at the Norths Leagues & Services Club at Kallangur on Saturday night and was so popular, tickets sold out early the previous week.

After the formalities, the guests were wined, dined and treated to fabulous entertainment with local band Simply 3. Michael, Mazz and Jama, wowed the audience with their own style of dance music and brilliant harmonies. The word at all the tables was "The music was so good, you just had to get up and dance". A terrific culmination to the second day of the Convention.

At this juncture I want to mention the tremendous support our club has received from day one, from Magazine Editor Dan Fidler and his team at the North Lakes Messenger. Dan, a professional and a veteran newsman, consistently goes way beyond the call of duty with us at the club, with his generosity with space in the Messenger. I'm also going to share with you dear readers, another example of how invested Dan is in the promotion of North Lakes.

It's 7.30am on a long weekend Sunday morning in the grounds of Lake Eden Park, the 200 or so Lions and friends have assembled and NL Lions Alison Broughan and George Hile are presenting the Remembrance Service recognizing Lions who have passed away during the last twelve months in the 201Q3 District. (Lion George is our clubs most senior Lion and I commend him for his efforts and strength, in keeping back the tears during this highly emotional service). Well done George & Alison.

Meanwhile, who's there in the crowd, trusty camera in hand waiting to get that all important shot for this article, you guessed it, it's Dan himself. Dan took heaps of shots, stayed for the entire ceremony and afterwards, met all the NL Lions and took even more shots for posterity. Thanks Dan.

9.00am and we're back at the Lions HQ for the Youth Forum. Four young speaker's delivered their experiences with four of our Lions' Projects: Youth of the Year, Leo's, Youth Exchange and Youth InSearch. This was one of the events that was open to the public and was well supported by locals who took the opportunity to see how Lions clubs everywhere get involved with youth.

This event was remarkable and highlighted the positive impact these projects are having on the youth worldwide and identifies young rising stars like Joseph Dwyer, a year 12 student, who spoke on his experience in winning the State Youth of the Year competition, Leo Jesse Pascoe: (a university student studying Forensic Science and Vice President of his Leo Club) had us all in stitches talking of this Leo journey and the impact Lions has had on him personally and giving him a platform to develop many social and professional skills through Leos. Leo Grace Walker, a passionate and very effervescent young lady, spoke on the value of her youth exchange experience and her adventures at Lions Youth camps, both in Italy and on the Sunshine Coast; then lastly, 22year-old John Honer who had everyone in tears as he told his incredible story of survival through the Youth InSearch program.

These four young speakers give hope to us all, that our places in the future will be taken in Lions, by such capable examples as Joseph, Jesse, Grace and John. Inspirational!

After a delicious lunch, we progressed to the closing ceremony, after which, the cleanup commenced. Like synchronized swimmers, all designated Lions stepped up to dismantle everything, with the goal to be done in time to watch the NRL footy Grand Final. Once again, Immediate Past President Tim delegated several teams to their tasks and in just over 90 minutes, the massive job was done and returned ready for the resumption of school.

As a fledgling Lions club, only in our tenth year of service, I can only impress on you, how enormous a task staging a Convention is. A staggering amount of organization is required to pull it off. I'm proud to be associated with all Lions in the 201Q3 District and in deed Lions everywhere.

Now, all contributing Lions can enjoy two things: A well-earned rest and an enormous sense of pride in a job well done.

New to North Lakes? Joining our Lions Club is a terrific way of making new friends and integrating into the community. We try to make our meetings pro-active, interesting, including informative guest speakers, great food and above all, a happy and social atmosphere.

Become a member of North Lakes Lions Club by phoning our Membership Officer Lion Greg Milne directly, on 0449 294 734. He'll answer any initial questions you may have and invite you to our next dinner meeting.

District Governor Norm Jensen, Lioness Wendy Jensen and Lion George Hile presented the Remembrance Service

On the cover: North Lakes Lions hosted the District Convention
All pics except for the cover, this one, and to the right courtesy of Lion Robyn



Recognising Lions who have passed away during the last twelve months in the 201Q3 District, at Lake Eden

Chris Whiting MP for Murrumbidgee with Lions Greg Milne and Chris Doyle



Hundreds of Lions descended on North Lakes



Lion Dianne - deserving of special mention for her huge effort



Fire and Ice: The Gala Ball at Norths Leagues & Services Club at Kallangur



Lion s Deb and Lynn- deserving of special mention



Councillor Julie Greer Joins the North Lakes Lions



struggling with everyday practical matters

Hello Leonie,

My husband died two years ago leaving me alone after 45 years marriage. We were a great team and I have been so lost since his death. I've had grief and loss counselling and it's helped enormously but now I find that the real struggle for me are practical matters.

My husband did everything like house maintenance and paying the bills and he handled everything when we sold and bought here in North Lakes. I have learned to do most things myself but I'm still very nervous about hiring people to do jobs and buying new appliances.

We never had children and the children we raised over the years were through fostering and they have all moved on – blessed be - so I don't have the help my peers would have from their children.

I have come to the decision that I would like to move to Toowoomba to be close to my sister, my brother and his wife but I'm terrified of how to go about selling up my house. I've heard terrible stories about selling a house and have been told that real estate agents are sharks and I don't know how to go about finding out what my house is worth. It's only a little place because it was going to be our forever home but now I'm so lonely I want to be with my sister and brother because the nights are so long and lonely.

How do I go about the huge task of selling and moving my things? Is there anyone that can help me and what do you think about how I should tackle all this because I'm making myself sick with worry over it all.

Jill/Freshwater

Hi Jill,

My condolences on losing your lovely husband and companion. The sad truth is that women often outlive their partners and have to face some years on their own.

The first thing I would say is that there are sharks and cowboys in every profession so please don't think that all real estate agents are dodgy. Actually my husband is a real estate agent here in North Lakes and I'm constantly and pleasantly surprised at the level of ethics these agents have.

I have been buying and selling houses for many years and my advice is to look for an agent that has been recommended by someone you trust. Secondly I would suggest that you interview and get a market appraisal from at least three agents from different franchises and there are plenty to choose from here in North Lakes.

I believe it's better to stick with well known agencies like Ray White, Harcourts and LJ Hooker because they have a huge exposure, a history of training and would have policies and procedures in place. At the end of the day these big franchises are still around for a reason. I feel that the most important factor is finding an agent that you click with and trust because I believe that most agencies operate similarly and it's the tenacity and determination of the agent him or herself that gets you the sale and looks after you. It's a relationship and it should be a consultative and trusting one so do be picky.

Work with your sister and brother to enlist an agent in Toowoomba to find a suitable property for you to buy or perhaps see if you can lodge with one of your siblings while you take your time looking. Decide on a solicitor to handle your sale before you list the house so that you have your ducks in a row.

I would also suggest that you start culling your belongings so that you have as little to move as possible when it comes to getting yourself relocated to Toowoomba. Culling clutter also enables you to present your home in the best possible light for presentation during the selling process. Clutter can turn people off because it can give a false impression that there's not enough storage or that the house is unclean and they can't imagine a lifestyle or their furniture in the house.

In terms of practical help consider reaching out to neighbourhood centres and our council <https://www.moretonbay.qld.gov.au/seniors/>

Til next week , Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner.

For appointments please phone 3886 2715 or 0423 653 841

Relationship Intensive Care - A practical guide to saving and maintaining your relationship

Leonie delivers advice about struggling with a sick relationship and delivers (in a way only Leonie could) an easy to understand plan to repair that relationship.

Relationship Intensive Care is available as both a hard copy and EBook from www.northlakescounsellingservices.com.au or Dymocks North Lakes. The hard copy is \$29.95 (+ \$7.00 postage and handling) and the EBook download is \$14.95.



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WHAT'S ON

Our guide to what's on

Easily submit your event on our homepage

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Please direct questions about this free service to editor@northlakesmessenger.com.au

PICNIC HILL

Date: October 14

Time: 4pm - 10pm

Location: Corners of Oxley Anzac Avenues
Redcliffe, Queensland

Cost: Gold Coin Donation

Running the second Friday of every month, Redcliffe's latest and greatest event is a modern family friendly festival with street performers, live music, live street art, market stalls, lawn games and Brisbane's best food trucks.

BOATIE BBQ FORUM

Date: Saturday 15 October

Time: 12.30 - 2.30 pm

Location: Caboolture River Fishing and Boating Club
at 514 Uhlmann Road Burpengary

Cost: Free

Calling all local boat owners! Come to the Boatie BBQ Forum on Saturday 15 October to get your boat checked for free, hear about boating safety, local marine facilities and pollution reduction in our waterways.

Representatives from Maritime Safety Queensland, National Marine Parks, Brisbane Water Police, Department of Transport and Main Roads and the Deception Bay SES will all be in attendance.

The community will be able to discuss any issues they might have on new regulations surrounding boating safety and pollution responsibilities.

CABOOLTURE RIVER FISHING AND BOATING CLUB BRUNCH FOR DECEPTION BAY PCYC

Date: Sunday 16 October

Time: From 9.30am

Location: Caboolture River Fishing and Boating Club
514 Uhlmann Road, Burpengary

Cost: \$20 Adults \$10 High Schoolers, \$5 Primary Schoolers, FREE Prep & under

The Caboolture River Fishing and Boating Club run an annual fundraising brunch to help support worthy causes. This year the event will assist the Deception Bay PCYC, raising funds to help set up and deliver a program called RUBY for victims of domestic violence in our Moreton Bay Region.

The first 120 tickets sold receive \$20 Stefan voucher. Contact Liz on 0418722975, Jess 0459708369 or Elaine 0414860347 or any member of The Caboolture River Fishing And Boating Club.

MBSO'S SOIRÉE

Date: Saturday October 22

Time: 6.30pm

Location: Norths Leagues & Services Club, 1347
Anzac Ave, Kallangur

Cost: Adults: \$25, Concessions: \$22, Students: \$16
MBSO Performers: \$16.

MBSO's annual Soirée will once again feature the MBSO Junior Strings ensemble along with the MBSO Jazz Band, Fiddle Group, Flute Choir, Clarinet Choir and many other chamber groups and soloists.

The Soirée will showcase the wide range of musical talent encompassed in the various MBSO ensembles. Buy tickets at <https://www.trybooking.com/>. Ticket price includes refreshments

Have Your Say

community@northlakesmessenger.com.au

Disclaimer: The opinions expressed here are those of the writer and do not represent the opinions of the Messenger. These submissions aren't edited for grammar, punctuation or spelling to retain the authors original intent. Your submission will be published at the Editor's discretion. We reserve the right to withhold personal, business and organisation names contained in submissions.

Uncalled for Abuse

Last Wednesday in the North Lakes Library I witnessed . a short plump lady verbally abusing a lady. What came out of the mouth of the blonde lady was vile and uncalled for . I know the lady who was abused and she is a person of integrity and has references from the profession she devoted her life too.

So I would say to that blonde lady think before you hurl abuse at a respected person in our community.

I don't know where you live but stand in front of your mirror and take a good look at your self because abuse is not tolerated in North Lakes or anywhere else in our society.

North Lakes Resident

write to:

community@northlakesmessenger.com.au

PARK SOUNDS

Date: Saturday 12 November 2016

Time: 1.00pm - 10.00pm

Location: Pine Rivers Park, Strathpine

Cost: See Website

Park Sounds is an over 18s event featuring internationally renowned hip hop group Bliss n' Eso. Also in the lineup are Drapht, Nicole Millar, Running Touch, PON CHO and GG Magree. It's a licensed event with police and security arrangements in place. For more information and to purchase tickets, visit www.parksounds.com.au

KOOZA BY CIRQUE DU SOLEIL

Dates: Running November 24 to January 8 2016

Location: Skygate, Next to Brisbane Airport DFO, QLD

Cost: Varies, see more info below

Described as a traditional circus homage and a return to the famed circus' origins, KOOZA combines acrobatic performance and the art of clowning, while exploring fear, identity, recognition and power. The Innocent's journey brings him into contact with comic characters from an electrifying world full of surprises, thrills, audacity and total involvement.

More info: <https://www.cirquedusoleil.com/kooza>

U3A PINE RIVERS OPEN DAY

Date: Friday 18 November

Time: 9:30am to 12 noon

Location: Strathpine Community Centre
Mecklem Street, Strathpine

Cost: Free

U3A Pine Rivers is holding their Annual Open Day to raise awareness for membership and to highlight the many benefits membership of a U3A can provide to the senior community.

INFORMATION: Meet the tutors, classes, activities, social events and friendships. **DISPLAYS:** Craft, Computers, Wood turning, Weights for Mates on display. **ENTERTAINMENT:** U3A Band, Choir and Circle Dancers will be performing. **MEMBERSHIP:** Join on the day. **VISITORS:** Everyone welcome - morning tea provided.

For further information, contact the office on 3800 6677

Visit the website - www.u3apinerivers.org.au and Like us on Facebook

Film Reviews

with Ange Dean



FROM THE DIRECTOR OF TRAINING DAY AND THE EQUALIZER

DENZEL WASHINGTON CHRIS PRATT ETHAN HAWKE VINCENT D'ONOFRIO BYUNG-HUN LEE MANUEL GARCIA-RULFO MARTIN SENSMEIER



The Magnificent Seven

In Cinemas Now

Most audiences will know this is a remake of the 1960 film of the same name. The storyline is similar with a few differences. A small frontier town is living in fear of a wealthy miner by the name of Bartholomew Bogue (played by Peter Sarsgaard). With no concern for the town his mining thugs threaten to steal the ranch land to extract the riches below. The white settlers in the town (no longer Mexicans as in the original film) want their land back (which as we know was probably stolen from the Native Americans anyway). They will not acquiesce to the demands of Bogue.

Haley Bennett, who is a mixture of fragility and fierce determination, plays Emma Cullen, a widow seeking justice and protection for the town. She decides to employ gunslingers. The guns for hire are led by our much loved Denzel Washington. The line up is fantastic and for many the performances rival the original...yes I did say that.

Some people will know, but for those who don't the story was taken from a 1954 Japanese film directed by Akira Kurosawa titled Seven Samurai. It was a very famous film. Given the history of The Magnificent Seven the modern version has a lot to live up to but director by Antoine Fuqua (of Training Day fame) has given the film a vibrancy and energy which will appeal to younger viewers.

This M rated film is (and was) mainly a story of men, shooting, knifing and killing, however there is still something appealing about it. There's the bond the men form, the thread of multiculturalism - all are brothers and, of course, the ultimate triumph of good over bad.

I am giving it three and half stars.

see more at www.facebook.com/AngeDeanFilmReviewer

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Your Stars



Aquarius Jan 21-Feb 19: you'll raise eyebrows by toeing the party line. But in truth you always put the interests of the group over those of the individual- including yourself.



Pisces Feb 20-March 20: Any opportunity that that comes with strings attached is not a conspiracy of circumstances out to thwart you; it's just a fact of life.



Aries March 21-April 20: Your not happy with the end result but if you view the original wish you'd wished you'll see its been fulfilled-despite its unlikely outcome.



Taurus April 21-May 21: You get twice as much done and for half the effort, but you'll still have to share the spoils.



Gemini May 22-June 21: Don't worry if people quit the negotiating table in a huff. They'll be back. Dramatic exits betray how limited their repertoire really is.



Cancer June 22-July 23: You supported those who supported you but it hasn't gotten you very far. It may be time to switch horses and join the competition.



Leo July 24-Aug 23: News of a transfer makes you wonder if superiors question your ability. Actually the intention is for you to bring light to a darkened corner.



Virgo Aug 24-Sept 23: Just because you hold the trump card doesn't mean you have to play it. You can make the easy score, but if you finesse you'll get more.



Libra Sept 24-Oct 23: It's infuriating to hit a wall especially when you're being so reasonable. Nevertheless the loved one needs time to absorb what you have to say.



Scorpio Oct 24- Nov 22: There's the letter of the law and then threes the spirit. Be more benevolent in the way you enforce a matter and you will be rewarded tenfold.



Sagittarius Nov 23-Dec 21: Opportunities explode like bunnies popping out of hats. And the best thing about today is that bunnies multiply!



Capricorn Dec 22-Jan 20: It's time to say goodbye to an association that isn't working. Don't worry. This clears the way for a better one to come along.



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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Ground Floor. (PG) **12.30** Fish'n With Mates. **1.00** The Road To Miss Universe Australia. **2.00** The Block. (PG) **3.30** The Block. (PG) **4.30** Garden Gurus. **5.00** News: First At Five. **5.30** Getaway. (PG) **6.00** Nine News. **6.30** Rugby League. International Test Match. Australia v New Zealand. **9.15** Movie: The Hangover Part III. (MA15+) (2013) Bradley Cooper, Zach Galifianakis. **11.15** Movie: The Virginity Hit. (MA15+) (2010) **1.00** Impractical Jokers. (M) **1.30** Anger Management. (M) **2.00** TV Shop. **3.00** The Baron. (PG) **4.00** Extra. **4.30** Global Shop. **5.00** Fish'n With Mates. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **10.30** Teen Titans. (PG) **11.00** Children's Programs. **1.30** Yu-Gi-Oh! (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Surfing Australia TV. **3.00** Power Rangers Dino. (PG) **3.30** Yu-Kai. (PG) **4.00** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Justice League Unlimited. (PG) **5.30** Batman. (PG) **6.00** Movie: Sinbad: Legend Of The Seven Seas. (PG) (2003) **7.40** Movie: Rise Of The Guardians. (PG) (2012) **9.40** Movie: The Switch. (M) (2010) **11.40** Adult Swim. (MA15+) **12.40** The Almighty Johnsons. (MA15+) **1.30** Man And Machine. (PG) **2.30** Surfing Australia TV. **3.00** Yu-Gi-Oh! (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Wild Kratts. **4.30** Kate And Mim-Mim. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **11.00** Horse Racing. Spring Racing Carnival. Caulfield Cup Day. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Thor. (PG) (2011) Chris Hemsworth, Natalie Portman. **9.30** Movie: The Incredible Hulk. (M) (2008) Edward Norton, Liv Tyler, Tim Roth. A scientist transforms into a giant monster. **11.45** The Goldbergs. (PG) Barry gets kicked out of the "cool group". **12.15** The Neighbors. (PG) Debbie revitalises her purse business. **12.45** The Neighbors. (PG) **1.15** Harry's Practice. **2.00** Shopping. **4.00** It Is Written Oceania. (PG) **4.30** Sons And Daughters. (PG) **5.00** Sons And Daughters. (PG) **5.30** Harry's Practice.

7TWO

6.00 Shopping. **8.00** House Calls To The Rescue. **9.00** Room For Improvement. **10.00** Hot Property. **10.30** Property Ladder UK Revisited. (PG) **11.30** Travel Oz. **1.00** The Travel Bug. (PG) **2.00** Going Bush. (PG) **2.30** Home In WA. **3.00** Great South East. **3.30** Creek To Coast. **4.00** Qld Weekender. **4.30** WA Weekender. **5.00** Sydney Weekender. **5.30** Around The World With Manu. (PG) **6.30** Islands On The Edge. (PG) **7.30** The Hairy Bikers' Northern Exposure. (PG) **8.30** Escape To The Country. **9.30** Selling Houses Australia. **10.30** To Build Or Not To Build. **11.30** Best Houses Australia. **12.00** The Hairy Bikers' Northern Exposure. (PG) **1.00** Psychic TV. (M) **4.00** Sydney Weekender. **4.30** Late Programs.

TEN

6.00 Fishing Edge. **6.30** The Home Team. **7.00** iFish. **8.00** Family Feud. **8.30** Weekend Feast. **9.30** St10. (PG) **12.00** The Living Room. **1.00** Healthy Homes Australia. Final. **1.30** Creative Generation. **3.00** iFish. **4.00** What's Up Down Under. **4.30** A Taste Of Travel. **5.00** News. **6.00** Territory Cops. (PG) **6.30** Scorpion. (PG) **7.30** MacGyver. A CIA agent goes missing in Venezuela. **8.30** Hawaii Five-0. The team must work with rogue MI6 agent Harry Langford to find a terrorist. **9.30** Movie: Jack Reacher. (M) (2012) Tom Cruise, Rosamund Pike, Jai Courtney. A former military police officer investigates a shooting. **12.10** 48 Hours. (M) **1.00** Shopping. **4.30** It Is Written. (PG) **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** Netball. Constellation Cup. Game 2. Australian Diamonds v New Zealand Silver Ferns. Replay. **10.00** World Sport. **10.30** Hogan's Heroes. **11.00** ST: Next Gen. **12.00** Jake And The Fatman. **1.00** Diagnosis Murder. **2.30** MacGyver. **3.30** The McCarthys. **4.30** Reel Action. **5.00** Drive Not Hidden. **5.30** Escape Fishing With ET. **6.00** Jamie & Jimmy's Food Fight Club. **7.00** David Attenborough's The Himalayas. **8.00** Undercover Boss. (M) **9.00** Megastructures Breakdown. **10.00** Zoo. **12.00** Rosewood. **12.00** Bellator MMA. **2.00** Motor Racing. Formula 1. Race 17. Japanese Grand Prix. Replay. **3.00** ST: Next Gen. **4.00** Monster Jam. **5.00** Operation Repo. **5.30** Whacked Out Sports.

ABC

6.00 Rage. (PG) **10.30** Rage. (PG) **11.35** The Checkout. (PG) **12.00** Birds Of A Feather. (PG) Final. **12.25** QI. (PG) **1.00** Pointless. **1.45** The Men Who Made Us Spend. **2.35** Restoration Man. (PG) **3.30** Great Southern Land. **4.30** Landline. **5.00** Midsomer Murders. (PG) **6.30** Gardening Australia. **7.00** ABC News. **7.30** Agatha Raisin. (PG) **8.20** Home Fires. (PG) New. **9.10** The Doctor Blake Mysteries. (M) **10.05** Miniseries: Fleming: The Man Who Would Be Bond. (M) **10.55** Call The Midwife. (PG) **11.55** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **4.20** Tree Fu Tom. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Highway Thru Hell. (PG) **8.15** Would I Lie To You? (PG) **8.45** Rosehaven. (M) **9.15** Live From The BBC. (M) **10.15** Live At The Apollo. (M) **11.00** Bad Education. (M) **11.30** Outland. (M) **12.00** Outland. (M) **12.25** Outland. (PG) **12.50** Highway Thru Hell. (PG) **1.40** Inside My Mind. (M) **2.40** News Update. **2.45** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **8.10** Filipino News. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Cats Uncovered. (PG) **3.30** The Classic Car Show. (PG) Final. **4.25** Greeks, Romans, Vikings. (PG) **5.25** Who Do You Think You Are? **6.30** SBS World News. **7.30** Secrets Of The White House. **8.35** Movie: The Intouchables. (M) (2011) François Cluzet. **10.35** Rockwiz. (PG) **11.30** Soccer. EPL. Manchester City v Everton. **2.15** Grand Tours. **2.45** Grand Tours. **3.15** Real Humans. (M) **4.25** Food Lovers' Guide To Australia. **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **12.05** Hindi News. **12.30** Dutch News. **1.00** Soccer. A-League. Round 2. Adelaide United v Western Sydney Wanderers. Replay. **3.00** The Numbers Game. **3.25** Speed With Guy Martin. (PG) **4.20** Hipsters. (PG) **5.40** 365: Every Day Documentaries. **5.45** Survivor Games With Bear Grylls. **7.00** Food, Booze And Tattoos. **7.30** If You Are The One. **8.30** Royal Navy School. (M) **9.25** Halfworlds. (M) **10.00** Cycling. UCI Road World Championships. Women's Road Race. **12.30** Movie: The Front Line. (MA15+) (2011) **2.55** Movie: Lebanon. (MA15+) (2009) **4.35** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.40pm The Queen (2006) Biographical. Helen Mirren. (M) **Masterpiece** **8.30pm** Ted 2 (2015) Comedy. Mark Wahlberg, Amanda Seyfried. (MA15+) **Comedy** **10.30pm** Old School (2003) Comedy. Luke Wilson, Will Ferrell. (MA15+) **Comedy**

GENERAL

7.30pm Just For Laughs. (MA15+) **Comedy Channel** **9.00pm** Jeff Ross Roasts Criminals: Live At Braz. Jeff Comedy Channel

DOCUMENTARY

7.30pm Where The Wild Men Are With Ben Fogle. (M) BBC Knowledge **7.30pm** Elvis: Complete King Of Rock 'N' Roll. (PG) Foxtel Arts **7.30pm** My Crazy Ex. (M) Crime & Investigation

SPORT

5.30pm Netball. Constellation Cup. New Zealand Silver Ferns v Australian Diamonds. Game 3. Fox Sports 3 **7.30pm** Basketball. NBL. Round 2. Sydney Kings v Cairns Taipans. Fox Sports 3

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

1510



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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** The Conversation. **10.30** Wide World Of Sports. (PG) **11.30** Full Cycle. **12.00** Movie: Free Willy 3: The Rescue. (PG) (1997) Jason James Richter, August Schellenberg. A teenager tries to save a whale and his pod. **1.45** The Block. (PG) **2.50** The Block. (PG) **3.50** Wild Patagonia. **5.00** News: First At Five. **5.30** Customs. (PG) **6.00** Nine News. **7.00** The Block. (PG) **8.30** 60 Minutes. **9.30** Hyde & Seek. (M) **10.30** Killer On The Line. (M) **11.30** Unforgettable. (M) **12.30** Impractical Jokers. (M) **1.00** Full Cycle. **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** The Baron. (PG) **4.00** Good Morning America: Sunday. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **11.30** Wild Kratts. **12.00** Rabbids Invasion. (PG) **12.30** SpongeBob. **1.00** Kate And Mim-Mim. **1.30** Yu-Gi-Oh! (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Problem Solverz. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Yo-Kai. (PG) **4.00** Teen Titans. (PG) **4.30** Power Rangers Dino. (PG) **5.00** Ben 10. (PG) **5.30** Batman. (PG) **6.00** Kung Fu Panda Holiday. **6.30** Movie: Kung Fu Panda 2. (PG) (2011) **8.30** Movie: Transformers: Dark Of The Moon. (M) (2011) **11.30** Adult Swim. (MA15+) **12.30** The Almighty Johnsons. (M) **1.30** Surfing Australia TV. **2.00** Wild Kratts. **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** SpongeBob. **4.00** Little Charmers. **4.30** Kate And Mim-Mim. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Dr Oz. (PG) **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Business Builders. (PG) **12.30** The Franchise Show. (PG) **1.00** To Be Advised. **2.10** To Be Advised. **3.20** To Be Advised. **4.30** Motorway Patrol. (PG) **5.00** News. **5.30** Great South East. **6.00** News. **7.00** The X Factor. (PG) Adam and his team continue the three seat challenge. Hosted by Jason Dundas. **8.10** Sunday Night. Current affairs program, hosted by Melissa Doyle. **9.10** Movie: Diana. (M) (2013) Naomi Watts, Naveen Andrews, Cas Anvar. A portrait of Diana, Princess of Wales. **11.30** To Be Advised. **12.30** Scandal. (M) Fitz tries to work out who to trust. **1.30** Scandal. (M) **2.30** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. **9.00** Shopping. **9.30** Best Houses Australia. **10.00** Home And Away Catch-Up. (PG) **12.30** Storage Hoarders. (PG) **1.30** Islands On The Edge. (PG) **2.30** The Hair Bikers' Northern Exposure. (PG) **3.30** Escape To The Country. **5.30** Intolerant Cooks. **6.00** Mighty Cruise Ships. (PG) **7.00** For The Love Of Dogs. (PG) **7.30** Around The World With Manu. (PG) **8.30** Escape To The Country. **9.30** The House That £100K Built: Tricks Of The Trade. **10.45** Islands On The Edge. (PG) **11.45** Mighty Cruise Ships. (PG) **12.45** Psychic TV. (M) **3.45** Late Programs.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** Everyday Gourmet. **9.00** Car Torque. (PG) **9.30** St10. (PG) **12.00** Dance Of Champions. **1.00** The Offroad Adventure Show. Return. **2.00** iFish. **2.30** Daryl Beattie: The Canning Stock Route. **3.30** RPM GP. **4.00** RPM. **5.00** News. **6.00** Family Feud: Sunday. **6.30** Modern Family. (PG) **7.00** Modern Family. (PG) Presented by Jonathan LaPaglia. **8.30** Just For Laughs Montreal Comedy Festival. (M) Some of the world's best comedic talent takes to the stage for the Montreal Comedy Festival. **10.00** To Be Advised. **11.00** 48 Hours. (M) **12.00** 48 Hours. (M) **1.00** Shopping. **4.00** Escape With ET. **4.30** CBS Morning.

ONE

6.00 Morning Programs. **10.00** World Sport. **10.30** Reel Action. **11.00** Driven Not Hidden. **11.30** Motor Racing. Porsche Carrera Cup Series. Round 7. Highlights. **12.30** Motor Racing. Dunlop Series. Round 6. Highlights. **1.30** Motor Racing. Australian V8 Ute Racing Series. Round 6. Highlights. **2.30** Motorcycle Racing. MotoGP. Race 15. Japanese Grand Prix. **4.00** 4x4 Adventures. **5.00** World Sport. **5.30** iFish. **6.00** Family Feud: Sunday. **6.30** M*A*S*H. **7.30** CSI: Cyber. **8.30** Lands Of The Moonson. **9.30** Movie: L.A. Confidential. (1997) **12.15** World Sport. **12.30** RPM GP. **1.00** RPM. **2.00** Monster Jam. **3.00** The McCarthys. **4.30** World Sport. **5.00** Driven Not Hidden. **5.30** Whacked Out Sports.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** Australia Wide. **11.00** World This Week. **11.30** Praise. **12.00** Landline. **1.00** Gardening Australia. **1.30** The Mix. **2.00** Home Fires. **3.10** Fake Or Fortune? **4.10** Australian Story. **4.40** Julia Zemiro's Home Delivery. (PG) **5.10** Agatha Raisin. (PG) **6.00** Anh's Brush With Fame. (PG) Final. **6.30** Compass. (PG) **7.00** ABC News Sunday. **7.40** Grand Designs: House Of The Year. **8.30** Poldark. (PG) **9.30** Wolf Hall. (M) **10.30** Movie: Spear. (M) (2015) Hunter Page-Lochard. A young Aboriginal learns what it means to be a man. **11.50** Grayson Perry: Who Are You? (M) **12.40** Rage. (MA15+) **3.00** Wolf Hall. (M) **4.00** Fake Or Fortune? **5.00** Insiders.

ABC2

6.00 Children's Programs. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Octonauts And The Great Arctic Adventure. **5.20** Octonauts. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Stan Lee's Superhumans. (PG) **8.10** Miracle On The Hudson River. (PG) **9.00** Movie: Bowling For Columbine. (M) (2002) **10.55** Professor Green: Suicide And Me. (MA15+) **11.55** Extreme OCD Camp. (M) **12.55** I Took My Baby's Life. (MA15+) **1.45** Stan Lee's Superhumans. (PG) **2.25** News Update. **2.30** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **8.10** Filipino News. **8.40** French News. **9.30** Soccer. EPL. Manchester City v Everton. Replay. **12.00** Speedweek. **2.00** Basketball. NBL. Round 2. Melbourne United v Illawarra Hawks. **4.00** Arabic News. **4.30** Turkish News. **5.00** Small Business Secrets. **5.30** Nazi Megastructures. (PG) **6.30** SBS World News. **7.30** Treasures Of Ancient Greece. (PG) **8.35** Deep Water: The Real Story. **10.20** Bra Boys: Blood Is Thicker Than Water. Return. **12.05** Movie: I've Loved You So Long. (M) (2008) **2.10** Movie: Days Of Darkness. (M) (2007) **4.20** Food Lovers' Guide To Australia. **4.55** Destination Flavour Bitesize. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS2

6.00 WorldWatch. **9.00** PopAsia. (PG) **10.00** WorldWatch. **1.00** We Are Young. **2.05** Geeks. (PG) **3.00** Bull On The Street. (PG) **3.30** Human Resources. (M) **3.55** Human Resources. (PG) **4.20** Survivor Games With Bear Grylls. (PG) **5.40** 365: Every Day Documentaries. **5.45** Fameless. (PG) **6.05** Fameless. (PG) **6.35** Vs Arashi. **7.30** If You Are The One. **8.30** MythBusters. (PG) **9.30** Great Minds With Dan Harmon. New. **9.50** Full Frontal With Samantha Bee. (M) **10.20** Cycling. UCI Road World Championships. Men's Road Race. **1.00** Savage U. (M) **1.25** Atari: Game Over. (M) **2.40** Movie: The Other Son. (M) (2012) **4.35** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.40pm Taken 3 (2014) Action. Liam Neeson, Forest Whitaker. (MA15+) Action
8.30pm Secret In Their Eyes (2015) Drama. Julia Roberts, Chiwetel Ejiofor. (M) Premiere
9.00pm Annie (2014) Family. Quvenzhané Wallis, Jamie Foxx. (PG) Family

GENERAL

8.30pm Victoria. (M) BBC First
8.30pm The Real Housewives Of Auckland. (M) Arena
9.30pm Michael McIntyre's Big Show. (PG) UKTV

DOCUMENTARY

7.30pm China's Megatomb Revealed. (MA15+) National Geographic
8.30pm Devonport: Inside The Royal Navy. (PG) Discovery
9.30pm Julius Caesar. (PG) Foxtel Arts

SPORT

7.00pm Cricket. One-day International Series. India v New Zealand. Game 1. Fox Sports 1
7.00pm Soccer. A-League. Round 2. Perth Glory v Wellington Phoenix. Fox Sports 4

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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HEALING WITH CRYSTALS

By Debb Webber, Zen Chi Natural Therapies & Wellness Centre

The history of using gemstones, crystals, and minerals for healing is as old as time. It is critical to understand and accept that modern medicine offers us powerful knowledge and treatments to treat and cure illness.

We all know that our bodies are energy as well as matter. When our energy is in balance we are generally well. When our energy is out of balance, we are ill. It is this energy imbalance that can be adjusted with the right application of the power within crystals. As an adjunct to modern medicine we can use the power of natural crystals to rebalance and unblock our energy state.

Crystal healing today continues to find new ways in which minerals can help us restore to balance our stressful lives.

Science has yet to determine what happens during crystal healing, but changes felt by the participants and the lasting benefits that can be gained are not diminished by this. A popular theory is that crystals actually vibrate at the same pitch as people, and can be used to relieve suffering because the resonance between the patient and the stone either combats the vibration of illness or amplifies those of health.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** Hyde & Seek. (M) **9.40** Australian Crime Stories. (M) **10.40** Person Of Interest. (M) **11.40** Undateable. (M) **12.10** What Would You Do? (M) **1.00** Extra. **1.30** TV Shop: Home Shopping. **2.00** Danoz Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG) **3.00** Power Rangers Dino. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Justice League Unlimited. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Top Gear. (PG) **9.00** Movie: The Expendables 3. (M) (2014) **11.30** Two And A Half Men. (PG) **12.00** American Digger. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Power Rangers Dino. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** To Be Advised. **1.00** To Be Advised. **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** The X Factor. (PG) Hosted by Jason Dundas. **8.40** The Secret Daughter. (PG) After finding out the results of the DNA test, Billie tries to find her place in life. **9.40** The Catch. (M) The team take on a very public client, a husband who was wrongly imprisoned for murdering his wife. **10.40** Botched Up Bodies. (MA15+) **11.35** The Goldbergs. (PG) **12.10** Packed To The Rafters. (PG) **1.05** The Real Seachange. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. **7.30** Bortersnikes And Gumbles. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **10.30** NBC Press. **11.30** Best Houses Australia. **12.00** Escape To The Country. **1.00** Lovejoy. (M) **2.00** The Great Outdoors. **3.00** The Zoo. **3.30** RSPCA Animal Rescue. **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Rosemary & Thyme. (PG) The ladies attempt to stop land being sold. **8.30** Wallander. (MA15+) **10.30** Air Crash Investigation. (PG) **11.30** Bargain Hunt. **12.30** Lovejoy. (M) **1.30** Air Crash Investigation. (PG) **2.30** Dr Oz. (PG) **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil: The JonBenét Ramsey Murder. (PG) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Australian Survivor. **9.00** Have You Been Paying Attention? (M) Celebrity guests include Ed Kavalee, Jane Kennedy, Peter Helliar, Celia Pacquola and Sam Pang. **10.00** The Odd Couple. **10.30** The Odd Couple. (PG) **11.00** The Project. **12.00** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** Escape With ET. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** RPM. **9.00** Moments Of Impact. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Monster Jam. **2.00** Robson's Extreme Fishing Challenge. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Undercover Boss. (M) Final. **8.30** Movie: The Peacemaker. (M) (1997) George Clooney, Nicole Kidman, Armin Mueller-Stahl. **11.05** Sex&Drugs&Rock&Roll. (M) **12.05** House Of Lies. (M) **12.35** House Of Lies. (MA15+) **1.05** Home Shopping. **2.05** Diagnosis Murder. (PG) **3.00** Matlock. (M) **4.00** Nash Bridges. (M) **5.00** Jake And The Fatman. (PG)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** Landline. **11.00** Compass. (PG) **11.30** Eggheads. **12.00** News At Noon. **1.00** Poldark. (PG) **2.00** Parliament Question Time. **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** The Checkout: Snack Size. **6.10** Pointless. **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.20** Media Watch. (PG) **9.35** Q&A. **10.40** Lateline. **11.10** The Business. **11.30** Golf. PGA Tour. Safeway Open. Highlights. From Silverado Country Club, Napa, California. **12.20** Mad Dogs. (M) **1.05** The Mix. **1.35** Rage. (MA15+) **5.00** Eggheads. **5.30** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** River Monsters. (PG) **8.20** #Shelfie With Dan Hong. (PG) **8.30** Louis Theroux's Weird Weekends. (PG) **9.25** Ross Kemp: The Fight Against ISIS. (M) **10.45** Shaun Micallef's MAD AS HELL. (M) **11.15** Movie: Bowling For Columbine. (M) (2002) **1.10** River Monsters. (PG) **2.00** The Castration Cure. (M) **2.55** News Update. **3.00** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **12.00** Arabic News. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Mirusia - Beautiful That Way: Live In Holland. **3.00** The Story Of The Jews. (PG) **4.05** Wild West With Ray Mears. (PG) **5.00** Backroads USA. **5.30** Letters And Numbers. **6.00** Rachel Khoo's Cosmopolitan Cook. **6.30** SBS World News. **7.30** 24 Hours In Emergency. (M) **8.25** Skies Above Britain. (M) **9.25** Miracles Of Nature. (PG) **10.30** SBS News. **11.00** Soccer. FIFA U-17 Women's World Cup. First semi-final. **1.00** The World Game. **1.35** Andreas Ottensamer: A Portrait. **1.55** Soccer. FIFA U-17 Women's World Cup. Second semi-final. **4.00** Rockwiz. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Romanian News. **4.00** Illusions Of Grandeur. (PG) **4.30** Man Vs Fly. (PG) **4.35** Survive Aotearoa. **5.35** 365: Every Day Documentaries. **5.40** Daria. (PG) **6.10** If You Are The One. **7.05** Community. **7.30** The Feed. **8.00** The Mindy Project. (M) **8.30** The Mindy Project. (PG) **8.55** Unplanned America. (M) **9.30** Movie: Adventureland. (M) (2009) **11.30** Movie: Young And Wild. (MA15+) (2012) **1.15** The Feed. **1.45** Danger 5. (MA15+) **2.15** Movie: A Pelada. (2013) **3.55** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.45pm The Night Before (2015) Comedy. Joseph Gordon-Levitt, Seth Rogen. (MA15+) **Premiere**
8.30pm Last Cab To Darwin (2015) Comedy. Michael Caton, Jacki Weaver. (M) **Premiere**
10.05pm Spy (2015) Comedy. Melissa McCarthy, Rose Byrne. (MA15+) **Comedy**

GENERAL

8.30pm Motive. (M) **Universal Channel**
8.30pm Vice Principals. (MA15+) **Comedy Channel**

DOCUMENTARY

8.30pm My Dream Home. *Lifestyle*
Home
8.30pm Race For The White House. (PG) *History*
9.30pm Great British Menu. *Lifestyle Food*

SPORT

9.00am Red Bull Air Race. Race 2. *Fox Sports 1*
11.00am Baseball. Major League. National League Championship Series. Game 2. *ESPN2*
11.15am Gridiron. NFL. Week 6. Indianapolis Colts v Houston Texans. *ESPN*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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The Messenger www.northlakesmessenger.com.au 24

NINE

6.00 Today. **9.00** Today Extra. (PG)
11.30 Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Hot in Cleveland. (PG)
2.00 The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair.
7.30 The Block. (PG) **8.40** Unreal Estate. (PG) **9.40** The Millionaires' Holiday Club. (PG) **10.50** Doctor Doctor. (PG) **11.50** 20/20. **12.40** Impractical Jokers. (M) **1.05** Extra. **1.30** Danoz Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG)
3.00 Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG)
4.05 Justice League Unlimited. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG)
6.00 Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG)
7.30 Big Bang. (PG) **8.30** Movie: Ocean's Eleven. (M) (2001) **11.00** Two And A Half Men. (PG) **11.30** South Beach Tow. (M) **12.00** American Digger. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG)
2.00 Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG)
4.00 Power Rangers Dino Charge. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: A Teacher's Crime. (M) (2008) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) Brody finally understands his visions.
7.30 The X Factor. (PG) In the last round of the three seat challenge, Guy must whittle down his team of 13 contestants to just three.
9.00 Cold Feet. (M) Pete beats himself up when a dads and lads trip to the match does not go quite according to plan. **10.00** The Windsors. (M) **11.00** Chicago Fire. (M) **12.00** Grey's Anatomy. (M) **1.00** Cougar Town. (PG) **1.30** Cougar Town. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. **7.30** Bortersnikes And Gumbles. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Air Crash Investigation. (PG) **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. A look at Space Camp USA.
3.00 Air Rescue. (PG) **3.30** Crash Investigation Unit. (PG) **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Kingdom. (PG) Beatrice returns with her baby. **8.30** Inspector Morse. (M) Inspector Morse investigates foul play at a family-run brewery when a board member dies suspiciously.
10.50 The Border. (PG) **11.50** Bargain Hunt. **12.50** Lovejoy. (PG) **1.50** Dr Oz. (PG)

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil: The JonBenét Ramsey Murder. (PG) **1.00** To Be Advised. **2.30** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Life In Pieces. (PG) **8.00** Modern Family. (PG) Gloria suspects her yoga instructor has a crush. **8.30** Todd Sampson's Body Hack. Presented by Todd Sampson. **9.30** NCIS: LA. Return. **10.30** NCIS: New Orleans. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** All 4 Adventure. (PG) **9.00** Robson's Extreme Fishing Challenge. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek. (PG) Final. **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** 48 Hours. (M) **10.30** Rosewood. **11.30** Motorcycle Racing. MotoGP. Race 15. Japanese Grand Prix. Replay. From Twin Ring Motegi, Japan. **1.00** Home Shopping. **2.00** Matlock. (M) **3.00** Diagnosis Murder. (M) **4.00** Nash Bridges. (M) **5.00** Jake And The Fatman. (PG)

ABC

6.00 Morning Programs. **10.45** Media Watch. (PG) **11.00** Back Roads. Final. **11.30** Eggheads. **12.00** News. **1.00** Pointless. **2.00** Parliament. **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** The Checkout. (PG) **6.10** Pointless. **7.00** News. **7.30** 7.30. **8.00** Catalyst. (PG) **8.30** Man Up. (M) **9.30** Louis Theroux: By Reason Of Insanity. (M) **10.30** Lateline. **11.00** The Business. **11.20** Q&A. **12.25** Movie: The Arbor. (M) (2010) Manjinder Virk, Christine Bottomley. Traces the life and legacy of Andrea Dunbar. **1.55** Rage. (MA15+) **4.00** Louis Theroux: By Reason Of Insanity. (M) **5.00** Eggheads. **5.30** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.20** #Shelfie With Dan Hong. (PG) **8.30** Good Game. (M) **9.00** The Wrong Mans. (M) **9.30** Hard Time. (PG) **10.25** Shaun Micallef's MAD AS HELL. (M) **10.55** Ross Kemp: The Fight Against ISIS. (M) **11.55** Hard Time. (PG) **12.45** River Monsters. (PG) **1.40** The Girl Who Cries Blood. **2.35** News Update. **2.40** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Melody Gardot: The Accidental Musician. (PG) **3.00** Portrait Of A City. **3.30** SBS Flashback. **3.40** Snowtrapped. (PG) **4.35** National Parks. **5.30** Letters And Numbers. **6.00** Rachel Khoo's Cosmopolitan Cook. **6.30** SBS World News. **7.30** Who Do You Think You Are? (PG) **8.30** Insight. **9.30** Dateline. **10.00** SBS News. **10.30** Italy 1992. (M) **11.35** Italy 1992. (M) **12.30** Movie: Farewell. (M) (2009) **2.35** 24 Hours In Police Custody. **3.30** One Born Every Minute. (M) **4.25** Gourmet Farmer Afloat Bitesize. **4.30** Soccer. UEFA Champions League. Matchday 3. Lyon v Juventus.

SBS2

6.00 WorldWatch. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Nepali News. **4.00** The Feed. **4.30** Man Vs Fly. (PG) **4.35** Survive Aotearoa. (PG) **5.35** 365: Every Day Documentaries. (PG) **5.40** Daria. (PG) **6.05** If You Are The One. **7.05** Community. **7.30** The Feed. **8.00** Full Frontal With Samantha Bee. (M) **8.30** Tiger Takes On... (M) **9.35** Raised By Wolves. (M) **10.00** Raised By Wolves. (M) Final. **10.30** The Hidden Side Of Google. **11.35** The Feed. **12.05** Nick Helm's Heavy Entertainment. (M) **12.40** Dig. (MA15+) **1.30** Dig. (MA15+) Final. **2.15** @midnight. (M) **2.45** @midnight. (M) **3.15** France 24 News In English From Paris. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.15pm Legend (2015) Crime. Tom Hardy, Emily Browning. (MA15+) **Premiere**
8.30pm The Scorch Trials (2015) Sci-fi. Dylan O'Brien, Kaya Scodelario. (M) **Premiere**
8.30pm The Girl With The Dragon Tattoo (2009) Thriller. Michael Nyqvist, Noomi Rapace. (MA15+) **World Movies**

GENERAL

7.30pm The Blacklist. (M) FX
8.30pm Doctor Who. (M) Syfy
8.30pm Mum. (M) BBC First

DOCUMENTARY

8.30pm Gruber & Mahler. (PG) Foxtel Arts
9.30pm The Royal Good Guys. Lifestyle
9.30pm M.A.D. World. (PG) History

SPORT

11.15am Gridiron. NFL. Week 6. New York Jets v Arizona Cardinals. ESPN
6.00pm Surfing. World League. Round 10. Moche Rip Curl Pro Portugal. Day 1. Fox Sports 1
7.30pm Soccer. FFA Cup. Semi-final. Fox Sports 4

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Hot in Cleveland. (PG) **2.00** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** Doctor Doctor. (M) **9.40** Amazing Medical Stories. (M) **10.40** Embarrassing Bodies. (M) **11.40** Stalker. (M) **12.30** Impractical Jokers. (M) **1.00** Extra. **1.30** Danoz Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG) **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Justice League Unlimited. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Auction Hunters. (PG) **8.30** Airplane Repo. (PG) **9.30** Baggage Battles. (PG) **10.30** Storage Hunters. (PG) **11.30** Toy Hunter. **12.00** American Digger. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: #PopFan. (M) (2014) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** Highway Patrol. (PG) Return. **8.00** Beach Cops. (PG) Return. A teenager is trapped in the Blowhole and his friends run for help. Cops chase two young men. **8.30** Ramsay's Hotel Hell. (M) Gordon Ramsay visits Towns Inn. **9.30** Big Bang. (PG) Howard agrees to throw a baseball pitch. **10.00** Big Bang. (PG) **10.30** Blindspot. (M) **11.30** Hannibal. (MA15+) **12.30** Happy Endings. (PG) **1.00** Harry's Practice. **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. **7.30** Bottersnikes And Gumbles. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** The Border. (PG) **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** House Doctor (Design For Living) **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Doc Martin. (PG) Mark's bucks' night goes horribly wrong. **8.30** Lewis. (M) The police are called to the house of a specialist on the Romantic poets, including the poet Shelley. **10.30** Waking The Dead. (M) A missing student's body is identified. **11.45** Bargain Hunt. **12.45** Lovejoy. (PG) **2.00** Shopping. **4.00** House Doctor (Design For Living) **5.00** Dr Oz. (M)

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.10** Dr Phil: The JonBenét Ramsey Murder. (PG) **1.10** To Be Advised. **2.10** Ent. Tonight. **2.40** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Bachelorette Australia. **8.40** The Wrong Girl. (M) Lily receives an unexpected and exciting proposition at work. **9.40** Madam Secretary. Elizabeth negotiates for regime change. **10.40** Hawaii Five-0. **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** A Taste Of Travel. (PG) **8.30** Reel Action. **9.00** Megastructures Breakdown. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Meerkats: Secrets Of An Animal Superstar. **8.30** Megafactories. **9.30** Shark Tank. (PG) **10.30** 24: Live Another Day. (M) **11.30** Sons Of Anarchy. (MA15+) **12.30** Home Shopping. **2.00** Diagnosis Murder. (M) **4.00** Nash Bridges. (M) **5.00** Star Trek: Voyager. (PG)

ABC

6.00 News. **9.00** News Mornings. **10.00** Q&A. **11.15** Pointless. **12.00** News. **12.30** Press Club. **1.30** The Book Club. (PG) **2.00** Parliament. **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** The Checkout. (PG) **6.10** Pointless. **7.00** News. **7.30** 7.30. **8.00** Hard Quiz. (PG) New. **8.30** Upper Middle Bogan. **9.00** Rosehaven. (PG) **9.30** Adam Hills: The Last Leg. **10.15** Lateline. **10.45** The Business. **11.00** Four Corners. **11.45** Media Watch. (PG) **12.05** The Weekly. **12.35** Adam Hills: The Last Leg. **1.15** Rage. (MA15+) **3.25** Movie: Blackbeard The Pirate. (G) (1952) Robert Newton, Linda Darnell. **5.00** Eggheads. **5.30** The Bill. (PG)

ABC2

6.00 Children's Programs. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** River Monsters. **8.20** #Shelfie With Dan Hong. (M) **8.30** Man Up. (M) **9.30** Professor Green: Hidden And Homeless. (M) **10.30** Shaun Micallef's MAD AS HELL. (PG) **11.00** Miracle Of The Hudson Plane Crash. (PG) **11.50** Swamp Brothers. (PG) **12.15** Swamp Brothers. (PG) **12.35** Swamp Brothers. (PG) **1.00** River Monsters. **1.50** News Update. **1.55** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 Soccer. UEFA Champions League. Matchday 3. Lyon v Juventus. Continued. **7.00** WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** The Century Of Le Corbusier. **3.00** Dateline. **3.30** Insight. **4.30** Wild Arabia. **5.30** Letters And Numbers. **6.00** Rachel Khoo's Cosmopolitan Cook. **6.30** SBS World News. **7.30** Tony Robinson's Hidden Britain By Drone. **8.30** 24 Hours In Emergency. (M) **9.30** 24 Hours In Emergency. (M) **10.25** SBS News. **11.00** The Five. (M) **11.55** Movie: The Keeper Of Lost Causes. (MA15+) **1.40** Movie: Sister Smile. (PG) (2009) **3.50** David Starkey's Music And Monarchy. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** African News. **4.00** The Feed. **4.30** Man Vs Fly. (PG) **4.35** Survive Aotearoa. (PG) **5.35** 365: Every Day Documentaries. (PG) **5.40** Daria. (PG) **6.05** If You Are The One. **7.05** Community. **7.30** The Feed. **8.00** RAW Comedy Roadshows. **8.30** Movie: The Beach. (MA15+) (2000) **10.45** Movie: Jacob's Ladder. (MA15+) (1990) **12.50** The Feed. **1.20** Glue. (M) **2.15** Glue. (M) **3.10** Uncle. (M) **3.45** Uncle. (M) **4.20** Deutsche Welle. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.45pm A Royal Night Out (2015) Romance. Emily Watson, Rupert Everett. (M) **Romance** **8.30pm Alex & Eve** (2015) Romance. Zoe Carides, Richard Brancatisano. (M) **Premiere** **8.30pm Victoria** (2015) Thriller. Laia Costa. (MA15+) **World Movies**

GENERAL

6.30pm The People's Court (PG) **Arena** **8.30pm Divorce**. **Showcase** **8.00pm Iron & Fire**. (PG) **A&E**

DOCUMENTARY

7.30pm The Whale Whisperer. (PG) **National Geographic Wild** **8.30pm Homestead Rescue**. (PG) **Discovery**

SPORT

11.00am Baseball. Major League. American League Championship Series. Game 4. **ESPN** **5.15pm Surfing**. World League. Women's Dawn Patrol Portugal. Day 2. **Fox Sports 1** **7.30pm Soccer**. FFA Cup. Semi-final. Canberra Olympic v Sydney FC. **Fox Sports 4**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.00** News Special: US Presidential Debate. **1.00** The Ellen DeGeneres Show. (PG) **2.00** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Big Bang Theory. (PG) **8.00** The Big Bang Theory. (PG) **8.30** Better Late Than Never. (PG) **9.30** Donald Trump Roast. **11.00** Survivor: Millennials Vs Gen X. (PG) **12.00** The Mysteries Of Laura. (M) **1.00** Extra. **1.30** TV Shop: Home Shopping. **2.00** Danzoz Drive. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.30** Kate And Mim-Mim. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG) **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Justice League Unlimited. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** RBT. (PG) **8.30** Movie: The Legend Of Hercules. (M) (2014) **10.30** Movie: Legion. (MA15+) (2009) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.00** US Presidential Debate. **12.30** News. **1.00** The Secret Daughter. (PG) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **8.00** World's Angriest. (PG) Footage of people losing their cool at work, as caught on camera by members of the public. **9.00** Movie: Guardians Of The Galaxy. (M) (2014) Chris Pratt, Zoe Saldana, Vin Diesel. A brash space adventurer joins forces with a gang of criminals after stealing a mysterious orb. **11.30** Autopsy. (M) A look at the death of River Phoenix. **12.30** Revenge. (M) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. **7.30** Bortersnikes And Gumbles. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Doc Martin. (PG) **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** Property Ladder. (PG) **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Father Brown. (M) **8.30** Murdoch Mysteries. (M) After Murdoch is drugged at a Lewis Carroll costume party, he awakens to find that a guest has been murdered. **10.30** Some Mothers Do 'Ave 'Em. (PG) **11.15** Bargain Hunt. **12.15** Air Rescue. (PG) **12.45** Psychic TV. (M) **3.45** Some Mothers Do 'Ave 'Em. (PG) **4.30** Lovejoy. (PG) **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil: The JonBenét Ramsey Murder. (M) **1.00** To Be Advised. **2.10** Ent. Tonight. **2.40** GBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Bachelorette Australia. **9.10** Law & Order: SVU. (M) Return. The search for a young boy's parents leads to startling evidence of a potential terrorist attack. **10.10** Law & Order: SVU. (M) **11.00** Blue Bloods. (M) **12.00** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** All 4 Adventure. (PG) **9.00** Monster Jam. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Moments Of Impact. (PG) **8.30** Megastructures Breakdown. **9.30** Cops: Adults Only. (PG) **10.30** Star Trek: Voyager. (PG) **11.30** Epic Meal Empire. (PG) **12.00** Home Shopping. **2.00** Cops: Adults Only. (PG) **3.00** Bellator MMA. (M) **5.00** Star Trek: Voyager. (PG)

ABC

6.00 Morning Programs. **11.00** USA Votes: Presidential Debate. **12.30** News. **1.00** Who's Been Sleeping In My House? **1.30** Eggheads. **2.00** Parliament. **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** The Checkout. **6.10** Pointless. **6.55** Clarke And Dawe. **7.00** News. **7.30** 7.30. **8.00** Silvia's Italian Table. **8.30** Miniseries: National Treasure. (M) **9.20** The Tunnel: Sabotage. (MA15+) Final. **10.10** Shock Horror Aunty. (MA15+) **10.45** Lateline. **11.15** The Business. **11.30** Keeping Australia Alive. (M) **11.30** The Agony Of Life. (M) **1.00** Press Club. **2.00** Golf. PGA Tour. Safeway Open. Highlights. **2.55** Late Programs.

ABC2

6.00 Children's Programs. **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.20** #Shelfie With Dan Hong. (PG) **8.30** Hard Quiz. (PG) **9.00** Catastrophe. (M) **9.25** Episodes. (MA15+) **9.55** The Spoils Of Babylon. (PG) **10.20** Shaun Micallef's MAD AS HELL. (PG) **10.50** Live At The Apollo. (M) **11.35** Swamp Brothers. (PG) **12.00** Swamp Brothers. (PG) **12.45** River Monsters. (PG) **1.35** News Update. **1.40** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **2.00** Smart Secrets Of Great Paintings. **2.30** Big Art. **3.00** SBS Flashback. **3.05** Tales From The Bush Larder. **3.35** Lygon Street: Si Parla Italiano. (PG) **4.35** The British. (PG) **5.30** Letters And Numbers. **6.00** Rachel Khoo's Cosmopolitan Cook. **6.30** SBS World News. **7.30** Matthew Evans' For The Love Of Meat. **8.30** Luke Nguyen's Street Food Asia. **9.00** My Restaurant In India. New. **9.30** Outlander. New. **10.30** SBS News. **11.00** A Girl's Guide To Porn. (MA15+) **11.50** Movie: The King Of Escape. (MA15+) (2009) **1.35** The Restaurant Man. (PG) **2.45** Who Do You Think You Are? (PG) **3.55** Monster Moves. **4.50** Poh & Co. Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **3.00** Bangla News. **3.30** Somali News. **4.00** The Feed. **4.30** Man Vs Fly. (PG) **4.35** Survive Aotearoa. (PG) Final. **5.30** 365: Every Day Documentaries. (PG) **5.35** Daria. **6.05** If You Are The One. **7.05** Community. **7.30** The Feed. **8.00** Billy On The Street. (PG) **8.30** Billy On The Street. (M) **8.55** South Park. **9.25** United Shades Of America. (PG) **10.15** UEFA Champions League Highlights. **11.15** The Feed. **11.45** Derren Brown: The Events. (PG) **12.40** Russell Howard's Good News. (M) **1.15** Russell Howard's Good News. (M) **1.50** Ctrl Freaks. (M) **2.40** Big Trouble In Thailand. (M) **3.30** Close Up Kings. (M) **4.20** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.45pm The Chosen Ones (2015) Drama. Nancy Talamantes, Oscar Torres. (MA15+) *World Movies*
6.50pm Love Is Strange (2014) Drama. John Lithgow, Alfred Molina. (M) *Masterpiece*
8.30pm Alien Vs Predator (2004) Action. Sanaa Lathan, Lance Henriksen. (M) *Action*

GENERAL

8.30pm Project Runway: Junior. (PG) *Arena*
8.30pm Who Do You Think You Are? (PG) *UKTV*
9.20pm Nurse Jackie. (M) *Showcase*

DOCUMENTARY

6.30pm Filmed In Superimposition. (M) *Foxtel Arts*
7.30pm Wicked Tuna: North Vs South. (M) *National Geographic*
8.30pm Kate Plus 8. (PG) *TLC*

SPORT

5.15pm Netball. Constellation Cup. New Zealand v Australia. Game 4. *Fox Sports 4*
5.30pm Basketball. NBL. Round 3. New Zealand Breakers v Sydney Kings. *Fox Sports 3*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2010

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LEONIE SCHILLING

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: It Runs In The Family. (PG) (1994) Mary Steenbergen. **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Ready For Takeoff. (PG) **8.30** Movie: Top Gun. (PG) (1986) Tom Cruise, Kelly McGillis, Val Kilmer, Anthony Edwards. Students at an elite US flying school for advanced fighter pilots, compete against each other to be the best in the class. **10.45** Movie: Unforgiven. (M) (1992) Clint Eastwood, Gene Hackman, Morgan Freeman. A retired gunfighter is confronted by his past. **1.20** Nine Presents. **1.30** TV Shop. **3.00** Avengers. (PG) **4.00** Global Shop. **4.30** GMA.

GO!

6.00 Children's Programs. **12.30** Ben 10. (PG) **1.00** Nexo Knights. (PG) **1.30** Kate And Mim-Mim. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG) **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Justice League Unlimited. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Movie: Lemony Snicket's A Series Of Unfortunate Events. (PG) (2004) **8.40** Movie: The Lord Of The Rings: The Fellowship Of The Ring. (M) (2001) **12.30** Forever. (M) **1.30** Surfing Australia TV. **2.00** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Girl Next Door. (M) (1998) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Better Homes. Graham and Karen celebrate all things tomato. **8.30** Martin Clunes: Islands Of Australia. (PG) Part 3 of 3. English actor Martin Clunes concludes his quest to explore the islands which make up Australia. **9.30** Selling Houses Australia. Meet a woman who is having difficulty selling her home despite having views of Sydney Harbour. **10.40** To Be Advised. **12.40** Mistresses. (M) Savi makes the most of her second chance. **1.35** Harry's Practice. **2.00** Shopping. **4.00** Dr Oz. (M) **5.00** NBC Today.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. **7.30** In Your Dreams. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Better Homes. **1.00** Lovejoy. (PG) Eric finds a Venetian bronze statue. **2.00** The Great Outdoors. (PG) **3.00** Property Ladder UK Revisited. **4.00** Best Houses Australia. **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Mr Selfridge. (PG) Harry makes an important announcement. **8.30** Movie: Fool's Gold. (M) (2008) Matthew McConaughey, Kate Hudson. A treasure hunt rekindles a couple's relationship. **10.50** For The Love Of Dogs. (PG) **11.20** SCU. (PG) **11.50** Bargain Hunt. **1.00** Psychic TV. (M) **4.00** Lovejoy. (PG) **5.00** Harry's Practice. **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (M) **1.00** The Living Room. **2.00** Ent. Tonight. **2.30** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Living Room. **8.30** The Graham Norton Show. Celebrity guests include Amy Adams, Jeremy Renner, Chris O'Dowd and Lady Gaga. **9.30** Have You Been Paying Attention? (M) Celebrity guests include Ed Kavalee, Jane Kennedy, Peter Helliar, Celia Pacquola and Sam Pang. **10.30** To Be Advised. **12.00** The Late Show With Stephen Colbert. (PG) **1.00** Shopping.

ONE

6.00 Shopping. **8.00** Motorcycle Racing. MotoGP. Race 15. Japanese Grand Prix. Replay. From Twin Ring Motegi, Japan. **9.30** Fishing Edge. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) **9.30** Movie: True Justice: Violence Of Action. (M) (2012) Steven Seagal, Sarah Montgomery, Mark Simms. **11.30** Nash Bridges. (M) **12.30** Home Shopping. **2.00** Hogan's Heroes. **3.00** Diagnosis Murder. (PG) **4.00** Walker, Texas Ranger. (M) **5.00** MacGyver. (PG)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Catalyst. (PG) **11.00** Devil Island. **11.30** Eggheads. **12.00** News At Noon. **1.00** Pointless. **2.00** Miniseries: National Treasure. (M) **2.50** Silvia's Italian Table. **3.20** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** The Checkout: Snack Size. (PG) **6.10** Pointless. **7.00** ABC News. **7.30** 7.30. **8.00** QI. (PG) **8.30** Miniseries: Code Of A Killer. (M) **9.20** DCI Banks. (M) **10.05** Hard Quiz. (PG) **10.35** Lateline. **11.05** The Business. **11.25** Adam Hills: The Last Leg. **12.05** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.20** #Shelfie With Dan Hong. **8.30** The Midwives. (PG) **9.30** The Fried Chicken Shop. (M) **10.20** Shaun Micallef's MAD AS HELL. (PG) **10.50** Professor Green: Hidden And Homeless. (M) **11.50** Sun, Sex And Suspicious Parents. (M) **12.50** Swamp Brothers. (PG) **1.10** Swamp Brothers. (PG) **1.35** River Monsters. (PG) **2.25** News Update. **2.30** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Colour Theory. **2.30** Colour Theory. **3.00** The Point Review. **3.30** Heston's In Search Of Perfection. **4.30** Who Do You Think You Are? (PG) **5.30** Letters And Numbers. **6.00** Rachel Khoo's Cosmopolitan Cook. Final. **6.30** SBS World News. **7.35** The Private Lives Of The Tudors. (PG) **8.30** Movie: Grace Of Monaco. (2014) Nicole Kidman. **10.30** SBS News. **11.00** Movie: Betty Blue: The Director's Cut. (MA15+) (1986) **2.20** Food Lovers' Guide To Australia. **2.55** Poh & Co. Bitesize. **3.00** Soccer. FIFA U-17 Women's World Cup. Final. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Armenian News. **4.00** The Feed. **4.30** Tet. **4.35** Where The Wild Men Are With Ben Fogle. **5.25** If You Are The One. **6.30** Soccer. A-League. Round 3. Melbourne City v Perth Glory. **9.15** 365: Every Day Documentaries. **9.20** Adam Ruins Everything. (PG) **9.45** Community. **10.15** Full Frontal With Samantha Bee. (M) **10.45** MythBusters. (PG) **11.45** MythBusters. (PG) **12.40** Movie: Once Upon A Time In Vietnam. (M) (2013) **2.35** PopAsia. (PG) **3.40** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.15pm The Longest Ride (2015) Romance. Scott Eastwood, Britt Robertson. (M) *Romance* **6.40pm Good Kill** (2014) Drama. Ethan Hawke, January Jones. (M) *Premiere* **8.30pm In The Heart Of The Sea** (2015) Action. Chris Hemsworth, Cillian Murphy. (M) *Premiere*

GENERAL

7.30pm DC's Legends Of Tomorrow. (M) *FOX8* **8.30pm Law & Order: SVU.** (MA15+) *Universal Channel* **8.30pm Chappelle's Show.** (MA15+) *Comedy Channel*

DOCUMENTARY

8.30pm I Am Rebel. (M) *National Geographic* **9.30pm The Classic Car Show.** (PG) *Discovery Turbo*

SPORT

10.00am Motorcycle Racing. MotoGP. Round 16. Australian Grand Prix. Free practice 1. *Fox Sports 2* **7.30pm Basketball.** NBL. Round 3. Adelaide 36ers v Cairns Taipans. *Fox Sports 3*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2110

North Lakes Community Women's Group Inc. News

Written by Sam Stevens Publicity Officer NLCWGI

We certainly did have a cracker attendance at our MGM with a record number of 84, including two guests and one new member, well done to you all. The agenda was full and interesting with a lot of involvement from the floor. We congratulated Paulette on attaining ten years as a member and recognised her involvement and contributions to our Group with the presentation of a Ten Year Badge and Certificate. Nominations for Executive positions were opened and we were treated to a rather lavish morning tea with savoury food and cakes, thank you Anne F and Toni for spoiling us.

Tuesday 18th October 09:45 CRAFT DAY. There will be various workshops, you can learn how to make your own Xmas cards, Gift Tags or Christmas Houses and more. This is always a fun event with a high level of interest.

Tuesday 25th October 11:30 BIRTHDAY LUNCH, Mon Komo Hotel, 99 Marine Parade, Redcliffe. One of our major functions of the year themed FIRE & ICE and celebrating 13 years of fun, friendship and frivolity. Nominations for our Executive Committee Members close at noon at our Birthday Lunch and will be announced during our lunch. Members only.

Tuesday 1st November NO MEETING due to Melbourne Cup Day celebrations. This is a wonderful opportunity for our members to gather with family and friends to celebrate this momentous day. Have fun, take care, see you all next week.

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410.

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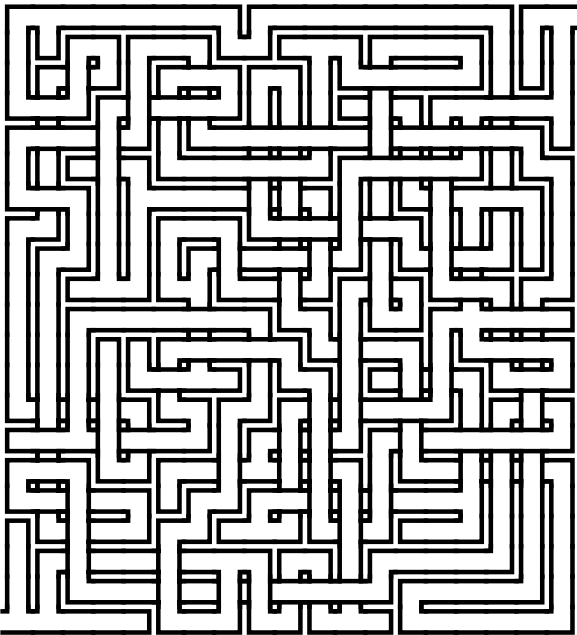
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Sudoku

4								7
2	5				3			
				5		3	9	6
		2	9			1		
		4			8	5		
9	4	8		6				
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6								9

Amazing Mazes



Crossword Solution from last issue

A	S	P	S	P	O								
A	C	Q	U	I	R	E	A	T	T	E	M	P	T
R	P	A	C	A	L	P							
C	O	M	E	D	Y	O	B	L	I	V	I	O	N
B	R	E	N	W	I	S							
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Crossword 6453

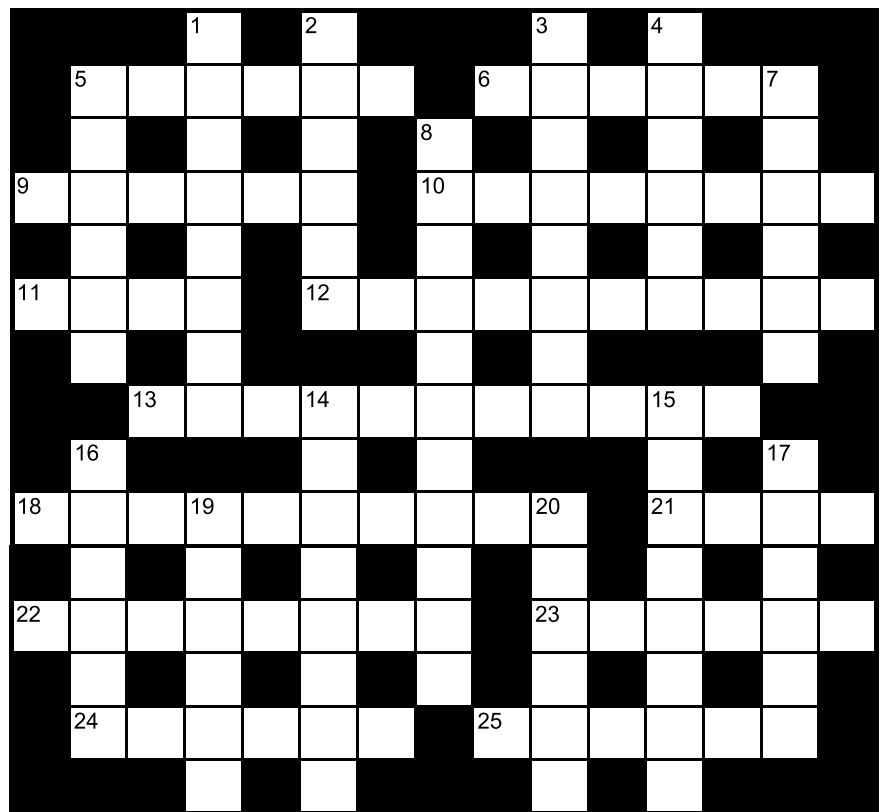
Your weekly shot of crossies by Laurie Stibbe

ACROSS

- 5 Warm-blooded vertebrate
- 6 Very young children
- 9 Stone mounds; Queensland city
- 10 Lobby
- 11 100 sq. metre surface areas
- 12 Subsequently
- 13 Beautiful handwriting
- 18 Abridge
- 21 Lie adjacent to
- 22 Send away towards a goal
- 23 Give satisfaction
- 24 Attributes
- 25 Pertaining to the eyes

DOWN

- 1 Food and drink of the gods
- 2 Illness
- 3 Germs, microbes
- 4 Range of jagged peaks
- 5 Deficient in amount
- 7 Fencing weapons
- 8 The making of maps
- 14 Cause to rise in the air
- 15 Celestial
- 16 Not present; away
- 17 Degenerate neutron star
- 19 Cancel officially
- 20 Anticipate



COMMUNITY NOTICE BOARD ONLINE

Are you looking for something to do? Visit the region's foremost community guide where you'll find like-minded individuals of all interests, events, local special interest groups for all ages, guidance and support if you need it.

www.northlakesmessenger.com.au

The Community Notice Board is a free service provided by the Messenger for community, social and non-profit organisations

To post email: community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise

Real Estate



New urban village

For former QUT Carseldine campus

Just down the road, a vibrant urban village is set to transform the site of the former Queensland University of Technology campus in Carseldine with a \$35 million first stage to include a dramatic tree-lined boulevard entrance.

Deputy Premier and Minister for Infrastructure, Local Government and Planning Jackie Trad said the project was an example of the Palaszczuk Government's Advancing our Cities and Regions strategy.

"The Carseldine Urban Village site is a prime

parcel of underutilised state land in the Fitzgibbon Priority Development Area," Ms Trad said.

"Through our Advancing our Cities and Regions strategy, announced this week, we are creating an exciting transport-oriented community with a world-class urban design outcome.

"This initiative will breathe new life into the Carseldine area while delivering jobs, including 70 during construction, to North Brisbane.

"This project is a great example of how investing in community infrastructure, like public spaces and housing, can drive economic growth.

"The community will remain connected to the natural environment with the Kedron Wavell Ballpark and approximately 18 hectares of protected vegetation to be retained and a further 3.5 hectares of open space to be created."

Minister for Transport and Member for Sandgate Stirling Hinchliffe said that the new urban village was an extension of the very successful Fitzgibbon Chase community.

"The site, which is convenient to Carseldine train station, will expand on the model we established at Fitzgibbon and include some 900 homes for approximately 3,500 residents plus commercial and retail space," Mr Hinchliffe said.

"The whole Fitzgibbon Priority Development Area demonstrates how smart thinking from governments can deliver affordable, sustainable housing and build a real sense of community."

The redevelopment of the site is expected to be completed in four stages over four years.

Community consultation for the proposed development will be undertaken later this year.

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- Large master with WIR & spacious balcony with park views
- 3 Additional generously sized beds
- Multiple living areas with pool views
- Stylishly appointed kitchen
- Secluded tree-lined poolside courtyard

Sale

\$699,000+

Darren & Lisa Suhle

0400 197 529

View By appointment

darren.suhle@raywhite.com

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4 3 2



Ray White North Lakes | Mango Hill



North Lakes 5 Pearson Court

5 Big Bedrooms, 3.5 Bathrooms, 6 Living Zones on 776m2 lot in Prime Location Sale

This massive air-conditioned 5 bedroom family home is superbly situated on a large 776m2 allotment in beautiful Woodvale release in North Lakes - walking distance to nature trails, parks, Lake Melaleuca, the Golf Course Clubhouse & also located in the highly sought after North Lakes College school catchment zone. Offering a high degree of features and benefits, this residence is bound to make your shortlist as the perfect new home choice for you and your family.

- Colossal Mastersuite with twin vanities plus 4 additional bedrooms
- Spacious beautifully appointed Kitchen, Open Plan Meals & Family room
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- Large entertaining area, A/C, Security System

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Darren & Lisa Suhle

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View Saturday 1.00 - 1.30pm

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Ray White North Lakes | Mango Hill





North Lakes 3 Cooksland Crescent

Superb Position close to Lake Eden & North Lakes Town Centre!

Darren & Lisa Suhle are pleased to present to the market this beautiful residence - Boasting 4 Living zones, superior entertaining facilities, a highly sought after Freshwater Precinct location, close to Lake Eden & all of North Lakes fantastic amenities! Your search for the perfect home could well be over once you view this spectacular home which possesses so many outstanding attributes that even the most discerning of Buyers will be suitably impressed.

- Mastersuite with beautiful ensuite
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- Living/Rumpus with A/C.

Sale

\$629,000

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North Lakes 6 Medinah Circuit

4 2 2

North Lakes 5 Suntrust Street

3 2 2

SOLD by
Darren Suhle!

Thinking of Selling?

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Ray White North Lakes | Mango Hill





9 Sears Parade, North Lakes

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3 2 2



110 Mapleton Drive, North Lakes

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4 2 2



26 Musgrave Street, North Lakes

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3 2 1



33 Turnstone Circuit, North Lakes

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4 2 2



6 Medinah Circuit, North Lakes

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4 2 2



2 Medinah Circuit, North Lakes

[View](#) [Contact Agent](#)

Rent \$410 per week



4 2 2



22 Tree Ring Circuit, Mango Hill

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4 2 2



43 Riviera Crescent, North Lakes

[View](#) [Contact Agent](#)

Rent \$450 per week



4 2 2

For further info on these fantastic homes call Rebecca Welch 0410 242 017

Ray White North Lakes | Mango Hill



For Sale



North Lakes 3 Sandpiper Avenue

4 2 2

Large Home, Very Close to the Golf Club!

The family truly has room to spread out here in this home with double side gates with room for a caravan, boat or pool! The home boasts: * Very large underroof patio * Large formal & informal living areas * Open plan kitchen with island bench & dishwasher * King size master bedroom has WIR & Ens * Other 3 bedrooms have built-in robes * Ducted Air * Surrounded by top quality homes. Call Judi today!

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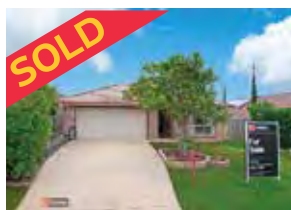
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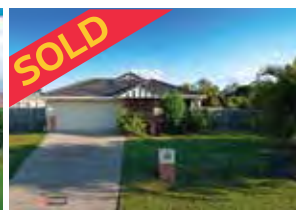
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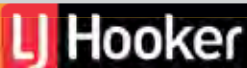
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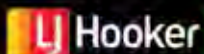
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